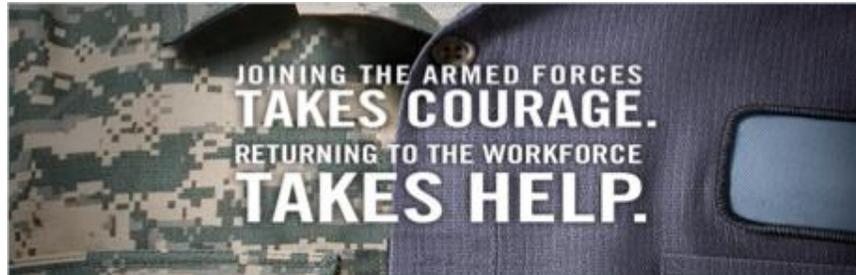


CAREER TRANSFORMATION: TRANSLATING THE WARRIOR



Canada Career Counselling is proud to launch a unique program developed for military personnel planning to enter the civilian workforce.

This program is designed to translate military career experience into skills that are transferable to the civilian world. In doing so, it supports individuals in choosing ideally-fitting careers and transitioning into them. Master's and Ph.D. level Registered Psychologists deliver this program, with added expertise from a highly experienced military leader who has successfully made the military to civilian transition himself. All team members have extensive backgrounds in career development, as well as transition roadblocks, including: trauma, family issues, emotional wellness, psychological health, and managing change.

Background

Our program is based on eight years of successful career development services offered to Canadians in transition. We have honed a robust, evidence-based approach that helps clients who are confused, uncertain, or unsure to make effective career decisions and transitions.

We have customized this program for Canadian military members in order to support them in translating their military service experience into strengths and abilities familiar to civilians. Specifically, we have incorporated transferable skills mapping as well as exploration of qualities commonplace to military members that are coveted in today's civilian workforce. Our program also helps overcome some challenges to transition, including: identity, trauma, and family.

Canada Career Counselling

Calgary – Toronto – Victoria

1-844-412-7337 | www.canadacareercounselling.com



What Does the Program Include?

Transforming one's career through the *Translating the Warrior* program is a 3-phased process, involving up to 8, one-on-one career counselling sessions with a Registered Psychologist:

- Phase 1: Self-exploration and expanding career potentials
- Phase 2: Career research and narrowing down career potentials to the best fitting options
- Phase 3: Strategic decision making and finalizing a career plan
- Program includes our proprietary online career transition workbook and psychometric assessments (i.e., interests, personality, etc.)
- Support overcoming challenges to transition, such as identity, trauma, and emotional aspects

In addition, to these career counselling sessions, up to 4 sessions with a Career Advisor are included. These sessions support implementation of the career plan and can be focused on one or more of the following:

- Resume and cover letter creation and refinement
- LinkedIn profile creation and improvement
- Interview skills
- Applying to educational programs if further education is desired



Where Do the Sessions Take Place?

Sessions may occur at one of our physical offices (currently Calgary, Toronto, or Victoria) or from a distance anywhere in the country via our secure GoToMeeting platform.

Team Bios

Michael Sorsdahl, CD, PhD, CCC, Prov. Psych.

Michael is a highly experienced psychotherapist working in trauma and major life transitions, including career. Combining his counselling experience with over 20 years of service with the Royal Canadian Navy as a Senior Naval Reserve Officer, he brings expertise to the team around military career transitions.

Laura Hambley, PhD, R. Psych.

Laura is a sought after authority and thought leader on career development in Canada. She contributes to growing a Canada-wide team of talented psychologists and coaches with a passion to help clients through her proven proprietary approach.

Meghan Reid, M.A., R. Psych.

Meghan specializes in career, workplace, and counselling psychology. To date, she has supported hundreds of clients in making fulfilling career-related decisions and effectively navigating workplace issues.

Rebecca Teebay-Webb, MACP, Prov. Psych.

Rebecca has experience in career, academic, personal, trauma, and crisis counselling. She has worked with clients to assist in identifying their career plans, make career changes, and face mental health challenges.

Bryanne Manveiler, MC, MA, Prov. Psych.

Bryanne has worked in agency settings providing career, crisis, trauma, and generalist counselling. She is passionate about helping individuals uncover meaning and purpose in their lives through their career choices.

Michelle Cook, BA, CCDP (Cand.)

As a career coach and job search strategies, Michelle assists clients with career planning and creating strong professional brands through powerful resumes and cover letters, LinkedIn coaching, and interview skills support.

Avra Davidoff, MC, R. Psych.

Avra has over 9 years of experience as a workplace psychologist, specializing in diversity, leadership, and career development. She enjoys helping others explore their interests and choose or transition between careers.

